



Beet and Red Onion Potato Latkes with Carrot Puree and Horseradish and Caraway Creme Fraiche

 Vegetarian

READY IN



1505 min.

SERVINGS



4

CALORIES



852 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons caraway seeds toasted
- 1 carrots peeled
- 1 quart carrot juice fresh
- 3 large carrots diced peeled
- 1 cup crème fraîche
- 2 eggs

- 0.5 cup flour all-purpose
- 2 cups grapeseed oil as needed plus more
- 3 ounces grapeseed oil
- 0.3 cup horseradish freshly grated
- 1 beet red peeled
- 2 onions red peeled
- 4 servings salt for sprinkling
- 3 yukon gold potatoes peeled

Equipment

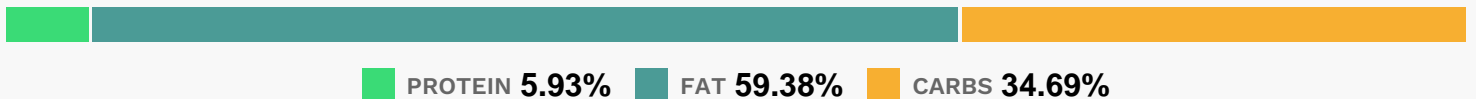
- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- mixing bowl
- blender
- spatula
- slotted spoon
- colander

Directions

- Watch how to make this recipe.
- Heat the oil in a medium saucepan, over medium heat.
- Add the carrots and saute for 2 minutes. Stir in the carrot juice and simmer until the liquid has reduced by 5/
- Put the carrot mixture in a blender and puree until smooth.
- Transfer to a serving bowl and serve at room temperature.
- Mix all of the ingredients in a small bowl and let sit, ideally for 24 hours in the refrigerator.

- Serve cool.
- Using the grating attachment in a food processor, grate the potatoes, onions, carrot and beet separately. Coat a small saute pan with a little oil and put it over low heat.
- Add half of the grated onions and saute them slowly until caramelized, soft and sweet. Using a colander, squeeze all the excess liquid out of the remaining vegetables and then combine all of the ingredients in a mixing bowl.
- Add the 2 cups of oil to a medium skillet and heat it to 370 degrees F. Put 2 ounces of the latke mixture into the oil and cook until brown on 1 side, approximately 2 minutes. Using a slotted spoon or spatula, flip the latke and continue to cook until brown on the other side.
- Remove from oil to a paper towel covered tray and immediately season with salt, to taste. Continue with the remaining mixture. Arrange the latkes on a serving platter and serve immediately with the carrot puree and the horseradish and caraway creme fraiche.

Nutrition Facts



Properties

Glycemic Index:132.35, Glycemic Load:38.2, Inflammation Score:-10, Nutrition Score:35.888260934664%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 852.06kcal (42.6%), Fat: 57.73g (88.81%), Saturated Fat: 10.83g (67.71%), Carbohydrates: 75.9g (25.3%), Net Carbohydrates: 65.69g (23.89%), Sugar: 20.55g (22.83%), Cholesterol: 115.76mg (38.59%), Sodium: 536.45mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin A: 57312.68IU (1146.25%), Vitamin E: 16.17mg (107.8%), Vitamin C: 59.27mg (71.84%), Vitamin B6: 1.15mg (57.72%), Potassium: 1792.56mg (51.22%), Vitamin K: 49.67µg (47.3%), Manganese: 0.92mg (45.88%), Fiber: 10.2g (40.81%), Vitamin B1: 0.55mg (36.84%), Phosphorus: 346.25mg (34.63%), Folate: 127.05µg (31.76%), Vitamin B2: 0.52mg (30.79%), Magnesium: 104.59mg (26.15%), Selenium: 17.25µg (24.65%), Iron: 4.27mg (23.73%), Calcium: 212.79mg (21.28%), Vitamin B3: 4.23mg (21.14%), Copper: 0.4mg (19.97%), Vitamin B5: 1.82mg (18.18%), Zinc: 2mg (13.33%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.44µg (2.93%)